COUN503 Intro to Counseling

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Takeaway 1

A classroom is a community, a type of family. The dynamics therein can reflect or include those roles we find familiar. In our second class, something happened that had me examining these things.

In this class, we explored the historical foundations of counseling, identifying the role of the professional counselor, and the importance of participation in professional organizations. Dr. Rutledge admittedly likes and employs creativity in her instruction, such as canvassing class musical preferences in order to tailor pre-class musical interludes, and using a “Spin and Win” name wheel to ensure homogenous participation during class time. After discussing the many professional organizations associated with the counseling profession, Dr. Rutledge asked for a volunteer to do an on-the-spot “commercial” for an organization. No one responded, and I knew I had a commercial just waiting inside me.

I come from a large family, and comedy and drama are major modes of communication. I volunteered and used a phony commercial voice to implore students to investigate my professional organization. I was mortified later, realizing my accent at one point, done quite naturally, could be mistaken for a characterization of an African American dramatic voice. I also mentioned that we served brownies at our meetings, which I thought was a good touch. My takeaway was the sense of having my armor forever removed in the class, something both scary and enlivening. I was just being myself in my class, like I am in my family.